

Cakes and the Makings for Bud and Gob

Rare Recipes From the North and South For the Mixing Bowl

By VIRGINIA CARTER LEE and LOUISE M. WILLIAMS, Tribune Institute Staff

"CAKES like mother used to make" have been the longing desire of many of our soldier boys, and "eats when we get home" has been the topic of conversation in many a relief hour when off duty. Now that the boys are really here, mothers all over the land are looking up their most treasured recipes for boys who will certainly appreciate "home goodies" after the regulation army "chow."

Fortunately for the making of these cakes, both butter and eggs are cheaper than they have been for some time, and the luscious layer cake, with what the boys call a "goozy filling," or the fruity election cake (dear to all New Englanders) can be safely indulged in without the feeling of extravagance.

The following tested formulas for cake making are given with a few special frostings and fillings that are sure to prove popular.

Lady Baltimore Cake

Cream half a cupful of butter or oleo with one cupful of sugar and beat until very light. Sift together one teaspoonful and a quarter of baking powder, one and three-quarters cupful of flour and a quarter of a teaspoonful of salt. Then add the dry ingredients to the first mixture, alternating with half a cupful of cold milk. Flavor with half a teaspoonful of vanilla extract and fold in the stiffly whipped whites of three eggs. Bake in three small layer cake tins. When cold put together with the following frosting:

Dissolve one cupful and a half of sugar in half a cupful of hot water and cook in a granite saucepan without stirring until it will spin a thread when dropped from the tip of the spoon. Pour gently onto the stiffly whipped whites of two small eggs and continue to beat until it thickens and cools. Blend in half a cupful each of chopped walnuts and seeded raisins and three figs cut in tiny strips with a sharp scissors.

Lord Baltimore Cake

Cream half a cupful of butter or oleo with one cupful of sugar and add the

yolks of six eggs beaten until lemon colored with a pinch of salt. Sift one and three-quarters cupful of flour with four and a half teaspoonsful of baking powder and add it to the first mixture, alternating with three-quarters of a cupful of milk. Flavor with one teaspoonful of vanilla and bake as for Lady Baltimore cake. When cold put together with the following frosting:

Prepare the boiled frosting as in the previous recipe and add one-quarter of a cupful each of chopped almonds and walnuts, one dozen chopped candied cherries, half a cupful of crushed macaroon crumbs, two teaspoonsful of lemon juice and two teaspoonsful of orange juice.

Devil's Food Cake

Place two ounces of unsweetened grated chocolate in the upper part of a double boiler with one cupful of brown sugar and a half cupful of sweet milk. Cook all as for drinking chocolate, and when thick remove from the fire and beat with an egg beater. Cream one scant cupful of brown sugar with half a cupful of oleo or other preferred shortening, add the cooled chocolate mixture, a quarter of a teaspoonful of salt, half a cupful of milk, two cupfuls of flour sifted with two and a half teaspoonsful of baking powder and the stiffly whipped whites of three eggs. Flavor with a teaspoonful of vanilla extract and bake in a deep sheet pan or in layer cake pan. If baked in a sheet, cover with a boiled frosting half an inch thick, and when this is firm on top spread over a layer of the following:

Maple Frosting.—Cook one and three-quarters cupful of maple syrup to the soft ball stage, or 240 degrees Fahrenheit. Pour in a fine stream onto the stiffly whipped white of one large egg, beating constantly meanwhile. Return the frosting to the upper part of the double boiler and stir constantly until it thickens. Add half a cupful of chopped walnut meats and use immediately. The frostings remain in distinct layers and the cake is not only delicious eating, but very ornamental when cut.

Raised Loaf Cake (Election Cake)

Cream one cupful of shortening with two cupfuls of brown sugar, then add two lightly beaten eggs, three-quarters of a teaspoonful of salt, two cupfuls of light bread sponge, one teaspoonful of

baking soda dissolved in a little hot water, two teaspoonsful of ground cinnamon, one teaspoonful of mace, a dusting of grated nutmeg, half a cupful of flour and one cupful of seeded raisins, half a cupful of currants and half a cupful of finely shredded citron, dredged with another half cupful of flour. Turn into two buttered and floured oblong pans, let raise until they have doubled in bulk, and bake in a moderate oven for sixty minutes. A wineglass of brandy or sherry gives a delicious flavor to this variety of cake. Cover when cold with Portsmouth frosting.

Portsmouth Frosting.—Add to three tablespoonsful of thick cream sufficient powdered sugar to make it of the right consistency to spread; then add two tea-

apple sauce, made with tart apples and unsweetened, sift one teaspoonful and a half of baking soda. To the creamed ingredients add the foaming sauce, about one cupful and a half of sifted flour and one cupful of seeded raisins, dusted with half a cupful of flour. Turn into a greased loaf cake pan and bake in a moderate oven for fifty minutes.

Two Special Frostings

Mocha Frosting.—Beat a quarter of a pound of butter to a cream and gradually beat in one cupful of sifted confectioners' sugar and an eighth of a cupful of clear, very strong coffee.

Chocolate Fudge Frosting.—Melt two ounces of unsweetened chocolate over hot water; add two cupfuls of sugar

cooks. Lady Baltimore cake may be a melting confection of delicious flavors, or it may be a mediocre white cake of little or no character. Some of the choicest of the cake and frosting recipes in the whole range of the cookbook have just been given, but there is many a slip between the recipe and the lip unless the basic principles underlying cake making are thoroughly understood.

There are several different methods of mixing a cake, but the experienced cake maker knows that it doesn't depend so much on the order and method of combining as upon the thoroughness of mixing. The old reliable method of creaming the butter, adding the sugar gradually, the lightly beaten yolks, then the sifted flour with the baking powder and the milk alternately, and finally folding in the stiffly beaten egg whites is sure to give a tender, fine textured cake.

If a mechanical cake mixer is used all of the ingredients may be combined at once and, owing to the greater efficiency of the machine, the whole work may be done in two minutes.

There is a limit to the time of mixing



spoonsful of melted butter, half a teaspoonful of vanilla extract and beat for two minutes.

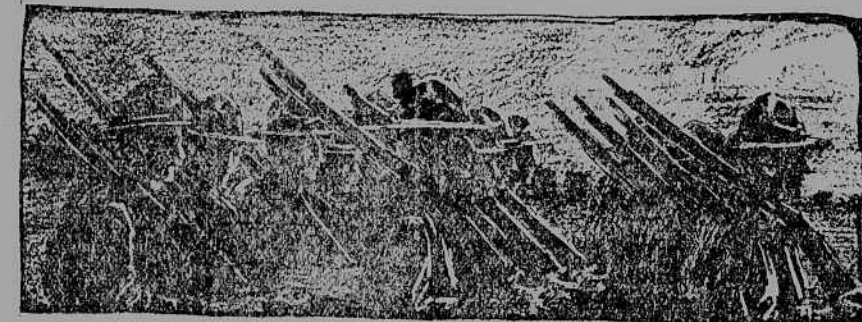
Burnt Sugar Cake

Cream half a cupful of oleo or other shortening with one cupful of brown sugar, and add the yolks of three eggs lightly beaten, a quarter of a teaspoonful of salt and three tablespoonsful of caramel syrup. Beat well and mix in alternately, one cupful of cold water and two cupfuls of flour sifted with two teaspoonsful of baking powder; then fold in the stiffly whipped whites of two eggs. Bake in a deep sheet pan and spread with the following frosting when cold:

Caramel Coconut Frosting.—Boil three-quarters of a cupful of sugar with one-third of a cupful of water (without stirring) until it spins a thread; then pour it, beating constantly, onto the stiffly whipped white of one egg. Add two tablespoonsful of caramel syrup, one teaspoonful of vanilla extract, and when almost thick enough to spread mix in half a cupful of grated coconut.

A Cheap Fruit Cake

Cream well together one cupful of brown sugar and a generous quarter of a cupful of shortening, and beat in one-quarter of a teaspoonful of salt, one teaspoonful of ground cinnamon, a slight grating of nutmeg and half a teaspoonful of cloves. Into one cupful of thick



and one cupful of milk and stir while gradually heating. Beat vigorously when the boiling point is reached, then let cook to the soft ball stage. Remove from the fire, add a teaspoonful of butter, cut in bits and let stand until nearly cold; then beat until creamy. When of the consistency of thick molasses the frosting is ready to use. Properly made, this frosting remains soft and creamy.

The Recipe Is Only Half Of Cake Making

The technique of handling and combining materials and of the baking is quite as necessary to success as the recipe. We all know what widely varying cakes can be produced from the same ingredients by different

after all the ingredients have been combined. If the cake is not beaten enough it is coarse grained, and if it has received too much beating the texture of the finished product is too compact and may show long, narrow air spaces. Two minutes of vigorous overhand beating is sufficient to combine thoroughly the ingredients of a cake.

It is often helpful to know what is the effect if one or more of the ingredients of a recipe are varied at the dictates of necessity. More fat added to a cake thins the batter, and this may be offset by the addition of eggs or of more flour and baking powder. If oil is substituted for butter, then the other liquids

Fine Points Every Woman Should Know About Cake Making

should be reduced about one-fifth, and the result will be a cake of light, spongy texture. If a very hard fat is used (such as suet) then the texture will be close grained and firm, due to the re-hardening of the fat. If butter or a fat of about the same physical characteristics is used, the cake will be of a medium texture. Fat may be substituted for egg yolks if additional whites are used. Allow an extra teaspoonful of fat for each additional white used and egg yolk omitted. Whenever melted fat is added it should not be hot, or the cake will become tough and possibly heavy.

In a recipe which calls for one cup of milk other liquids may be substituted, such as water, fresh or sour whey, potato water and sweet or sour cream. If water is substituted, use only seven-eighths of a cupful to allow for the solids in milk. However, with sour or fresh whey or potato water the full cupful is substituted. If sour whey is used, add one-eighth of a teaspoonful of soda to neutralize the acid and the same amount of baking powder specified in the original recipe. If sour milk is used in a cake calling for one cup of sweet milk and three teaspoonsful of baking powder, use one-fourth teaspoonful of soda and only two teaspoonsful of baking powder. If melted chocolate is added to a vanilla cake recipe, decrease the amount of flour slightly, because the starch in the chocolate acts as a thickening agent.

If the recipe calls for cream and there happens to be no cream at the housewife's disposal, milk and butter may be substituted with very satisfactory results. According to experiments published by Cornell University, use three-quarters of a cupful of milk and four tablespoonsful of butter for one cupful of thin cream, and for the heavy cream use about nine tablespoonsful of the liquid and seven and one-half of butter.

Sometimes the housewife finds her baking powder can empty and a cake in the process of making. Baking powder is composed of cream of tartar, soda and a filler, generally cornstarch. Therefore, cream of tartar and soda may be substituted for the baking powder in

any recipe. For instance, when one tablespoonful of baking powder is called for use one scant teaspoonful of soda and two scant teaspoonsful of cream of tartar, omitting the filler. If too much soda is added it combines with the fat and the resulting taste is "soapy." The soda should be thoroughly mixed with the other dry ingredients. Some housewives have found the method of mixing the soda with the liquid the most satisfactory way.

Boiled frosting is, no doubt, the most popular icing for a cake. Sometimes the housewife finds that the finished product is "grainy" instead of fluffy and creamy. This condition may be avoided by the addition of a slight amount of acid, in the form of cream of tartar or lemon juice. The acid prevents or retards crystallization. If too much acid is used or if the cooking is prolonged the frosting is liable to be sticky rather than creamy. The temperature of the sugar syrup for boiled frosting should be 238 degrees Fahrenheit on the candy thermometer. If the kitchen does not boast a thermometer, the syrup should be boiled until it will spin a thread when dropped from the tip of a spoon. During the first few minutes of boiling the syrup keep the pan covered, so that the steam collecting will drop back and wash away the crystals that might form on the sides of the pan.

Many cakes have been spoiled by the baking. Too much haste and a very hot oven are just as disastrous as an oven that is too cool. If the oven is too hot the cake cannot rise normally, and if too cool it will rise too much, resulting in a cake that is not done inside and which will fall when removed from the oven.

The oven temperature for cakes of the sponge and angel food type should range from 300 to 350 degrees Fahrenheit, starting at the lower temperature and gradually increasing toward the end of the baking.

Gingerbread should be baked at a temperature between 350 and 380 degrees Fahrenheit, and plain cake, chocolate cake and other butter cakes at 380 to 390 degrees Fahrenheit.

The time for baking a cake should be divided into four parts. During the first and second quarters the cake rises and browns in spots, in the third quarter it browns all over and in the last quarter it shrinks from the sides of the pan and becomes elastic to the touch.

Down With the Tyranny of Things



to their homeland for more and more luxuries, for household furniture, for clothes. But still the ships were small; it took many weeks to sail backward and forward upon the perilous waterways and the supply could not crowd even their simple homes. Hence the so-called colonial period remained beautifully free from "junk." Homes then were still full of the rest giving spaces which our modern women are beginning to turn back to and copy. Furniture was refreshing in its simple straight lines. One of the few pieces that deserve criticism was the Colonial bed, with its heat creating canopy, its fresh air defrauding curtains and its dust catching valances. There is more real beauty, however, in

George Washington's home at Mount Vernon than in most of the palaces of the modern rich men, for the frippery and trumpery of these present time homes are lacking there.

The Ponderosities of the Mid-Victorian Age

How did those mid-Victorian atrocities in the way of household belongings ever crowd out the beautiful, simple, Colonial things? What could the women have been thinking of? Yet the fact remains that there was a period of ponderous black walnut furniture, marble-topped, all-sorts-of-tables and chairs, bright red lambrequins and curtains and carpets. That soft, yellow candlelight

and the artistic old holders were coerced into oblivion by the glaring, garish gas light and its gaudy, many crystallized fixtures. Housewives were slaves indeed at that time. One little old lady, now reformed, tells, almost unself-believingly, of the time that she possessed, besides a large, gloomy house and a great deal of black walnut furniture, sixteen trunks filled with old clothing that she could not find the courage to dispose of. Company, to her, meant a trial that it took weeks to recover from, for not only did she clean her house each time, but also those sixteen trunks, although the company never invaded the attic where they were stored. Yet to just such an age of unreason do the succeeding horrors of the eighties and nineties belong.

Shall we turn to the dreadful period of the jigsaw? True, it is so filled with whatnots, bric-a-brac, tidies, hassocks, dusty hand-painted scarfs and hand-painted satin cushions that we can scarcely find admittance for ourselves. How did the women of that time ever find leisure for any of life's real things? Looking backward, it seems as if they must have spent three-fourths of their time creating gimeracks and gewgaws, and the remainder taking care of them.

There was a time when to have a limb threatening white bear rug before the piano, a piano lamp, kerosene filled, with an indescribable shade of lace and silk, topped by a huge bow of ribbon; those

same hand-painted satin cushions, was to be utterly and satisfyingly in style. As the late eighties faded into the nineties household "junk" reached a climax of tidies and gingerbread work. With this same unsanitary period went the long, full skirts that women wore outdoors as well as indoors, that swept the dirty streets and the heavy, dusty carpets alike. Then the climactic series of horrors began to dwindle into a smouldering flame that sent out such sparks as gold-framed chairs, the kind that played tunes when one innocently sat down on them, and fish nets or tennis nets strung across the walls of rooms, with hundreds of dusty photographs stuck therein.

It is going to be a process of elimina-

tion from now on, for women have found that it does not pay to accumulate stuff for which they have no use. Yet, attached to this process of elimination, are many problems. The problem of hurt feelings, for instance.

A Bride's Experience

A bride of less than a year faced this problem. Having lived all their lives in one place, she and her husband had accumulated scores of friends, and the logical result, scores of wedding presents when they were married. Some of them were beautiful and some of them were useful, but many of them were neither, and these were the bride's despair. To hurt no one's feelings, she exhibited them all until her common sense rebelled. Then she firmly and sensibly disposed of the gifts for which she had no use and no place.

The same woman confided another experience: "It's perfectly ridiculous the way inanimate things bind us, principally, I suppose, because they represent moods and emotions and feelings of all sorts of human beings. There was a set of blue and white china containers for sugar and coffee and rice and spices that I received at a 'Kitchen shower.' John built a special shelf for them in my kitchen; but upon experimenting I found that, because the covers did not fit as they should, the coffee and spices soon lost their flavor. I kept that china set for months because one of my best friends had given it to me. But finally fate came to my rescue. John's carpentry work was not what it should have been, the shelf had not been put up securely, and one night down plunged shelf and china set to the floor. John could not understand why I went out and danced among the fragments."

Women have but lately been reminded that the great world needs them, that their personal lives mean something to the rest of humanity. It behooves us all, then, to take an inventory of our stock, personal and household, that we may eliminate the unnecessary things which might hinder or handicap us at a time when we are still vitally needed. After all, there is something in that old adage, "Blessed be nothing."



Roll Up Your Sleeves—"Don't Beg"

By NANCY WALBURN

ONE of the good things that have come out of the war is the fact that women have ceased to be content to wheedle money for their pet projects from reluctant masculine pockets by feminine wiles. Instead, they have learned to roll up their sleeves and offer their own work, on a strictly business basis of full value given for money received. Relegated, let us hope, for all time to the pre-war horrors of the past is the charity bazaar with its useless articles and inflated price tags, sold under the motto, "All's fair in love and war and charity bazaars!"

One of the most strikingly successful post-war examples of this new method of sleeve rolling is that of the women of Princeton, N. J., who banded together to run the Rose Cottage Tea House. From the outset they determined to support by their own efforts the French village adopted after the taking over by the American army of the Princeton ambulance, which had been their first endeavor.

Already Princeton people pledged to heavy war responsibilities were finding that their purses could not keep pace with their sympathies. How was the difficulty to be bridged? Then the committee had an idea. Why not open a tea room with good food at reasonable prices, meet a real town need and earn the money? A dance for which tickets were sold furnished a meagre capital, and in a cramped, low-ceilinged little room, scrubbed and bedecked with chintz, in a tiny century-old house, the committee bravely set out its six tables and gayly painted chairs, and hung out its shingle. All summer long tables filled the lawn to accommodate the overflow and by September they had cleared \$3,000 for their French village, St. Paul-au-Bois, which has been nicknamed Little Princeton-on-the-Aisne.

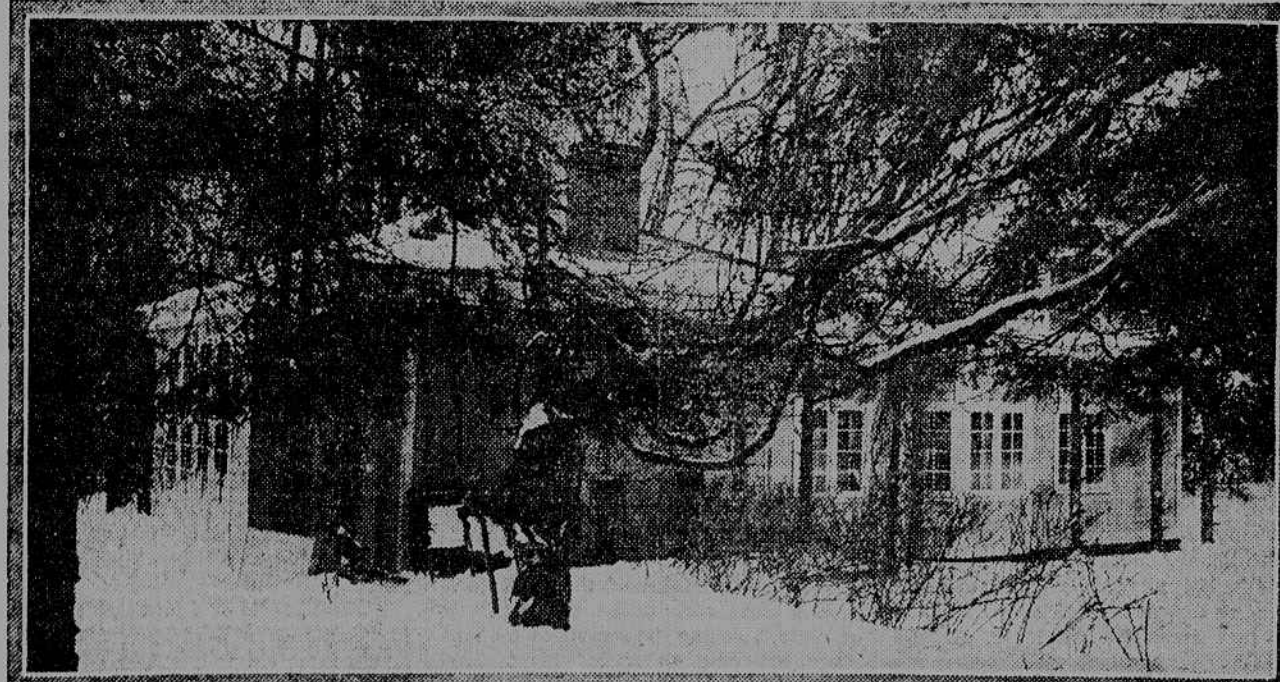
Then came the cold weather, for which the tiny house was inadequate. Did

they disband? Not a bit of it! Instead, thanks to enterprise, winter became their banner season. A large addition seating ninety was built "on faith," the members giving lessons, dances, tutoring, etc., to earn money to pay for it. Miss Paula van Dyke, daughter of Henry van Dyke, among others, give children's

dancing lessons to lower the deficit. Then they started in with renewed vigor to drum up trade. One of the new features was a regular Thursday night supper at a special price which included social or entertainment features. The special Tuesday luncheons at 75 cents each, with a well-known speaker as an

extra attraction, have become an important feature of community life in Princeton. For these all the tables are invariably engaged days in advance by hostesses grateful for the opportunity to entertain economically and delightfully.

The committee has been enlarged and



Rose Cottage Tea House, Princeton, N. J.—at work in its winter clothes.



The Tribune Institute

Housekeeping as a Profession

